



Spire Healthcare



Day case patient menu



Spire Healthcare

Looking after you.

Day case patient menu

How to order your meals

We will take your meal orders. Just sit back, relax and let us take care of everything. If your visitors require a meal, please ask for the guest menu.

Allergens and dietary requirements

Please advise us of any requirements you may have so that we can cater for your needs. For more allergen information please scan the QR code using your device.

Breakfast

Selection of cereals

Cornflakes, Frosties, Rice Krispies, Special K, Weetabix, Bran Flakes, Coco Pops or porridge with honey

Whole piece of fruit

Apple, orange, banana, pear or grapefruit

Fresh fruit salad

Fruit yoghurt

Natural yoghurt

Bakery

Toast, butter and preserve

Toast with butter and eggs

Fried, scrambled or poached

Light bites

Soup of the day served with bread and butter

Jacket potato, your choice of filling and side salad

Cheese, beans, tuna mayo, prawn Marie-Rose, coleslaw, chicken, ham or coronation chicken

Omelette, your choice of filling and side salad

Cheese, ham, onion, mushroom, tomato, roasted vegetables or chicken

Sandwiches and paninis

Served on white or granary bread, baguette, wrap or panini with side salad and vinaigrette

Your choice of filling: Chicken, cheese, ham, prawn Marie-Rose, tuna mayonnaise, roasted vegetables, smoked salmon, coronation chicken, egg mayo, salad

Desserts

Chocolate brownie

Served with vanilla ice cream

Lemon sorbet

Vanilla ice cream, wafer and coulis

Fresh fruit salad

Cheese and biscuits

Post-operative menu

House salad

Cherry tomatoes, cucumber, red onion, mixed leaves, 2 fillings and dressing

Sandwiches and paninis

White or granary bread, baguette, wrap or panini, filling and side salad

Your choice of filling: Chicken, cheese, ham, prawn Marie-Rose, tuna mayonnaise, roasted vegetables, smoked salmon, coronation chicken, egg mayo, salad

Drinks

Tea

Fruit teas please ask your server for our selection


Coffee

Earl Grey

Selection of fruit juices

Squash orange or blackcurrant

Decaffeinated drinks available upon request

 Recommended by a Spire dietitian as a healthy meal choice

 Vegetarian option